



TIME MANAGEMENT: STRATEGY TO REDUCE THE STRESS AMONG NURSING STUDENTS

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ABSTRACT

In today's highly competitive world, students had set to achieve high goals in less time this leads to high level of stress among students. WHO estimates that stress will become one of the leading causes of disability by the year 2020. The nursing students experienced higher levels of stress and there is an urgent need to take measure to reduce the stress among the nursing students. The time management has a greater buffering effect on academic stress than leisure satisfaction activities. There is positive correlation between time management and stress. The improving time management skills reduce the academic stress among nursing students. Time management may be an effective strategy for reducing academic stress in students and minimize the disability due to stress by 2020.

KEYWORDS: Time Management, Academic Stress, Nursing student.

INTRODUCTION:

In today's highly competitive world, students had set to achieve high goals in less time this leads to high level of stress among students. WHO estimates that stress will become one of the leading causes of disability by 2020.

A disturbing trend in nursing students is reported increased stress nationwide. Nursing students have great deal of responsibilities that can make any one to ask why a day is only 24 hours due to the nature of study in nursing like- many theory and practical hours, assignments, clinical experience, exams, etc. To use time efficiently the person must identify time wasters such as- distractions, poor planning and prioritization of tasks, perfectionism.

Time is a scarce resource. Managing time and determination of priorities are essential skills for the nursing student. (Gidda et al., 2005) As a nurse to manage your time you should make a list of the required activities, determine time needed to accomplish each activity, specify time for unplanned activities, arrange activities according to priority, at the end of each day study which activities are achieved and which is remaining. There are five tips for the nurse to manage her time effectively: plan for the activities of the day in advance, perform the most important activities first, control interruptions, organize your work space and yourself, learn the art of delegation (Bynes, 2014).

Stress is an unfavorable reaction people experienced as a result of excessive workloads or other types of life demands placed up on them (Health and Safety Executive, 2007). Stress is a physical and emotional reaction an individual have due to an imbalance between what is required and what is the person is already able to achieve with the available resources (Brunero et al., 2006). Academic stress among university students has been a topic of interest for many years. Faculty students suffer from stress due to the transitional nature of college life e.g.: many college students move away from home for the first time, leaving all previously learned support systems such as parents (McEwen 2002&Clarke 2008). Nursing student can manage stress through using the following exercises: "nurture your spirit, daily exercise, eat natural food like fruits and vegetables, increase drinking of water, be calm, stop an undesirable thoughts or feelings and determine goals and working to achieve them" (American Holistic Nurses Association, 2014).

MATERIAL AND METHODS:

A systematic review aims to investigate the time management as a strategy to reduce the Stress among nursing students in view to improve the performance, satisfaction, health and reduce academic stress. In this review the full articles related to time management and academic stress were included.

Academic Stress:

Singh A et.al. (2013) the nursing students experienced higher levels of stress and there is an urgent need to take measure to reduce the stress among the nursing students.

Parveen A and Inayat S (2017) the students face different types of stresses during their study like academic, clinical and environmental stressors are the major. The 70%, 75% and 60% participants were agreed and strongly agreed with academic, clinical and environmental factors, respectively, which causes the stress to nursing students. This is mainly due to "Inability to balance study and leisure time is source of stress" and "maintaining a balance between clinical work and studying increases stress. The nursing students of are mainly facing the academic stress

which it shows positivity in the students, clinical and environmental stressors have an also great impact on student's learning".

Elsayes HA and Obied HK (2018) Nursing students' experienced a high level of stress in clinical practice with total mean (2.87), and their response to stress indicated poor health status with total mean (2.76). Their learning environment need more effort to be improved with total mean score (2.4). There were high statistical significant positive correlation between students' perception of learning environment and their responses to stress ($p < .001$) and recommends to promote healthy, supportive learning environment and refine nursing curricula.

Sossah L. and Asiedu Y (2015) The findings showed that nursing students are exposed to different source of stress but the fear of their performance in the clinical setting is the greatest source of stress. Students were somehow resilient, emotional and spiritual support along with getting more involved in physical/school activities are the main strategies used to deal with stress.

Mercy A A et.al. (2016) The results revealed that majority 82.5% of the Nursing students has moderate level of academic stress, 10.0% of them has mild level of academic stress and only 7.5 % of them has severe level of academic stress.

Pandey R and Chalise HN (2015) study found mean score of self esteem and academic stress was 11.9 and 18.4 respectively. Further nearly 78% students have low self esteem and 74% have high academic stress. Significant variable for high academic stress and low self esteem were lower the age, lower the education and low perceived family support. Nursing students have low self esteem and high academic stress.

Abasimi E et.al. (2015) The study results indicated that students experience severe levels of stress. They also reported significantly higher Personal stressors, followed by Academic stressors and finally Social stressors. There was no significant difference in the levels of overall stress with regards to academic discipline (course type), gender and marital status. However, married students reported significantly higher academic stressors than those who were single and separated/divorced or widowed. Based on the findings, recommendations such as educating fresh students on adapting to college stressors, provision of counseling services in the colleges and focusing counseling on personal stressors as much as on academic related ones were made for stakeholders and future researchers.

Bublitz S et.al. (2016) The Assessment of Stress Among Nursing Students. 705 students participated and the results showed a predominance of medium stress levels, followed by high stress levels. Statistically significant differences were found for stress and age group, institution type (public/ private), work activity, satisfaction with the course and if the student had ever thought of dropping out of the course. The study showed that education is assessed as a stressor and that there is an association between the nursing students' characteristics and the stress level.

Time Management as a Strategy:

Misra R and McKean CM findings shows that the time management has a greater buffering effect on academic stress than leisure satisfaction activities. Anxiety reduction and time management in conjunction with leisure activities may be an effective strategy for reducing academic stress in college students.

Hsiao YC et.al. (2012) findings reveals that an average age was 19.4 years (SD = 1.3 years). The Spiritual Learning programme (SLP) to have Significantly greater improvement in clinical practice stress scores was also seen in the experimental group as compared with the control group. The experimental group obtained a higher score of the final clinical practice than the control group ($t = 3.771, p < 0.001$). The program helps to improve spiritual health and reduce stress in nursing students' clinical practice.

Macan et.al. (1990) study revealed the Time management behavior scale consists of four independent factors; the most predictive was perceived control of time. Students who perceived control of their time ambiguity, less role overload, and fewer job-induced and somatic tensions.

T. Mirzaei et al. (2012) One of the three processes that the nursing students used was "unidirectional time management." This pattern consists of accepting the nursing field, overcoming uncertainty, assessing conditions, feeling stress, and trying to reduce stress and create satisfaction. It was found that students allotted most of their time to academic tasks in an attempt to overcome their stress.

Ghiasvand AM et.al. (2017) Time management skills are essential for nursing students' success, and development of clinical competence. Most nursing students had a moderate level of time Management skills (49%), State Anxiety (58%), Trait Anxiety (60%) and Academic Motivation (58%). The results also showed a statistically significant negative correlation between the students' TMQ scores and the state anxiety ($r = -0.282, p < 0.001$) and trait anxiety scores ($r = -0.325, p < 0.001$). Moreover, there was a statistically significant positive correlation between the students' TMQ scores and AMS scores ($r = 0.279, p < 0.001$). It seems that it is necessary to plan for improving time management skills in order to enhance academic motivation and reduce anxiety rates among nursing students.

Eldeeb AE, Eldosoky EK (2016) study results reveals that both the groups have low levels of time management. 3rd level students have higher mean scores of time management effectiveness than 8th level students. There is positive correlation between time management and stress.

CONCLUSION:

In today's highly competitive world, a disturbing trend in nursing students was reported increased academic stress nationwide. The improving time management skills reduce the academic stress among nursing students. Time management may be an effective strategy for reducing academic stress in students and minimize the disability due to stress by 2020.

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